42: Vanoverbergh E-5 (no date) 1936-1938 OA1 Philippines
Apayao OA5
Isneg

577 574 261 you commit regrettable deeds. Gluttony is contemned by everybody; never keep all the best viands for yourself alone, and be careful not to eat to excess.

577 626 521 "Beware of talking about your neighbor's defects in his absence (*maglíbá-*; in Ilоko, *aglíbák* means "to hide, to conceal, not to confess, not to manifest"); it may come to his ears; and in such a case, just imagine how he will feel about it. Do you expect him to forgive you without more ado, and to continue his friendly relations with you?

152 "Do not be a talebearer; such men are the curse of the community: most quarrels take their origin in this vice. Anyone who is known to be addicted to it, at once loses all consideration among decent men, and his company is avoided as much as possible.

"Never boast about your virtues, your possessions, your actions, except on the occasion of a *sáy-ám* sacrifice, when every brave Isneg should recount his glorious deeds for the edification of youth. A man who is puffed up with self-conceit and vainglory is despised by all. The ignorant may perhaps respect him or rather be afraid of [578] him, but the general public scorns him. You know what it means to be called *makidáyaw* (proud) or *napañláw* (braggart); so never give occasion to anybody to fling such an epithet at your head.

"Beware of being jealous of your neighbor's prosperity or good luck. If fate or the spirits have been less generous to you, that is no reason for being envious of others who are more fortunate than yourself. Ambition is good, jealousy is bad".

2. Motives Proposed to Young

000 Now I shall discard my role of Isneg moralist, and say a few words about the motives that are proposed to the youngsters. A good many points have already been hinted at in the preceding treatment of the Isneg moral code, so here I shall merely resume and complete or elucidate my former statements.

626 It should be said in general that, except when referring to religious, magical or superstitious practices as such, and to the duty of head-hunting, no religious or supernatural motives are proposed to the children in order to get them to obey the moral law, nor are the children ever taught to expect rewards or punishments from supernatural beings. One might perhaps be inclined to accept a few other cases as possible exceptions, for instance that of scoffers referred to above; but it should be remembered that even in such cases, the Isneg never mention directly the intervention of any supernatural beings.

42: Vanoverbergh E-5 (no date) 1936-1938 OA1 Philippines
Apayao OA5
Isneg

fast is over,—or, if none of the above-named tubers are to be had, which is by far the most usual case, as soon as all limbs have been duly stretched out,—everyone turns to his occupations: the women mostly repair to their fields, and the men either go fishing or attend to some other kind of work that devolves upon them; a good many times, however, they simply do nothing.

About ten or eleven o'clock a. m., the Isneg take their first substantial meal: this has been prepared by the women, who usually come back a little earlier than the men, in case the latter have been out, and it is generally taken in common, the whole family squatting around the plates that are set out on some particular spot on the floor, not too far from the hearth. After that the men act in the same way as in the morning, while women either go back to the field or attend to the pounding of rice, the feeding of the pigs and other chores.

In the evening the second principal meal is cooked, and it is partaken of very often by the light of the flickering flames of the hearth, but never at a very late hour, as the Isneg goes to sleep almost with the chickens. When I say "goes to sleep", I do not of course mean "sleeps", as a comparatively long interval of time generally separates the two actions: this gap is filled in by story-telling and so on, while the young men roam around to see their sweethearts or to court the girls. When there is moonlight, the youngsters usually pass the first part of the night in romping and playing.

In a few families the first substantial meal is cooked and eaten in the morning, before the inmates of the house leave for their respective occupations; and then, cooked yams or sweet potatoes are occasionally partaken of at or about noon. Others again, instead of eating their first meal at home, take along some cooked provisions (*kupíl*; never *bálon*, "provisions of uncooked food"), and eat them at the place of their work.

Such is the Isneg daily life under ordinary circumstances. At the time of the year devoted to the preparation of the fields (clearing the forest and burning the grasses), the men very often start early in the morning, after breakfast, and come back only in the evening, when they partake of their last meal. The women rarely fail to come back more or less early in the afternoon in order to attend to their ordinary household duties.

Whenever the men intend to leave the house very early, whether to go to the field, or to start on a journey that will last for several days, the women arise long before daybreak, at the first crowing of the